

---

## NEED HELP?

---

Hoarding is an issue that shouldn't be confronted alone. If you, or someone you care about, needs help call Shalom House now.

Shalom House, Inc.  
106 Gilman Street  
Portland, ME 04102  
Phone: 207-874-1080

E-mail:  
[egrainger@shalomhouseinc.org](mailto:egrainger@shalomhouseinc.org)

or visit:  
[www.shalomhouseinc.org](http://www.shalomhouseinc.org)  
[www.hoardingme.org](http://www.hoardingme.org)



**HOARDINGTASKFORCE**

• Portland Maine •

---

### GREATER PORTLAND HOARDING TASK FORCE

---

The Greater Portland Hoarding Task Force is a collaborative effort of numerous private and state agencies, government services, and community members concerned about the problem of hoarding in Maine. The first task force on hoarding in Maine, this group has been formed to improve the quality of life for those affected by hoarding through raising public awareness, increasing access to treatment, reducing the gaps in resources, educating service providers, and expanding the limited support options.

Established by Shalom House in January of 2012, the Task Force meets monthly and maintains a membership of approximately twenty five stakeholders.

For more information visit:  
[www.hoardingme.org](http://www.hoardingme.org)



---

### SHALOM HOUSE, INC.

---

## Hoarding & Cluttering Services



**Shalom House**

HOME • HEALTH • HOPE

## [ What is Hoarding? ]

Compulsive hoarding is a complex and stubborn mental health issue that reaches deep into the health and safety of communities. Its many challenging aspects adversely impact individuals, families, neighborhoods, businesses, and municipalities at multiple intersecting levels. Solutions often require thorough assessments and experienced resolution teams.

"Hoarding often creates such cramped living conditions that homes may be filled to capacity, with only narrow pathways winding through stacks of clutter. Some people also collect animals, keeping dozens or hundreds of pets often in unsanitary conditions. People who hoard often don't see it as a problem, making treatment challenging. But intensive treatment can help people who hoard understand their compulsions and live safer, more enjoyable lives."

*Mayo Clinic*

## [ Services ]

### **ONE-ON-ONE TREATMENT**

We provide In-Home Hoarding-Specific Cognitive Behavioral Therapy to individuals who are struggling with clutter and hoarding. Our therapist helps clients with skills in sorting, organizing, and decision making. We help explore the beliefs about and emotional attachments to possessions, help each person control compulsions, and assist replacing avoidance with more helpful coping strategies.

### **DAILY LIVING SKILLS**

We provide in-home support with 1-2 visits per week to assist individuals in developing and maintaining hoarding-specific skills of daily living. The support worker helps with sorting, organizing and decision making while addressing basic needs such as housing, finances, education, sanitation and healthy lifestyle choices.

### **VOLUNTEER ORGANIZERS**

Our volunteers work in the hoarding environment with the client to help maintain a positive, upbeat, and hopeful attitude. They support clients by assisting in implementing their goals, assisting with the sorting, discarding and organizing, and providing a compassionate, caring presence.

## [ Community Outreach ]

### **SUPPORT GROUPS**

We offer professionally led support groups for people trying to cope with their problems related to hoarding and cluttering. Groups meet for two hours twice a month. At the support groups people share their fears, discuss taboo topics, explore commonalities and differences, develop a universal perspective, provide mutual support, express mutual demand, rehearse new skills, solve problems, and identify strengths all while learning the latest information about hoarding.

### **COMMUNITY & WORKPLACE PRESENTATIONS**

We offer two-hour presentations, facilitated at your workplace, which use a highly interactive format and include the following: an overview of hoarding, its signs and symptoms, the demographics of this disorder, the community effects, resources, successful approaches, treatment options, and recent research. This training also identifies the vast amount of misinformation and explores how this unique form of discrimination permeates our culture. The presentation can be adapted for as few as 12 or as many as 150 people.